

## **AOB Announcements March 20, 2022**

**Does your teen have mild to severe symptoms of anxiety?** Y Mind is a new free seven-week mental wellness program that supports teens 13 to 18 years of age who are experiencing mild to severe symptoms of anxiety to learn and practice evidence-based strategies to cope with stress and anxiety. The curriculum will be delivered by trained facilitators and is based off the Acceptance and Commitment Therapy (ACT). Our Y Mind program session is April 6–May 18, 2022! This session will be offered in person at [Castle Downs Family YMCA](#) in North Edmonton every Wednesday evening. Please note, teens do not have to be diagnosed with anxiety to participate and there will be an individual follow-up planned after the session.

Youth, parents/ guardians, natural supports and teachers can learn more and express interest in attending by visiting the website below: <https://northernalberta.ymca.ca/YMCA-Services/Youth-And-Family-Supports/Youth-Support-And-Leadership/Y-Mind>

**Do you know a Grade 11 student wanting to spend their summer in a science lab?** The Alberta Innovates High School Youth Researcher Summer (HYRS) Program offers 4-6 week summer research experiences for Grade 11 students interested in health and medical sciences, including priority areas in digital health, data-enabled health transformation, and health innovation. The HYRS program at the University of Alberta is administered by the Undergraduate Research Initiative, in collaboration with Women in Scholarship, Engineering, Science, & Technology (WISEST). The deadline for student applications is March 25, 2022. [Learn more and apply.](#)"

**Great Kid Award Nominations:** Do you know of any outstanding 5 to 18-year-olds who've made a difference in their communities during the pandemic? You can nominate them for a **Great Kids Award** presented by the Alberta government. Nominations are open until March 25. You can find out more information here: <https://www.alberta.ca/great-kids-award.aspx>. For posters for print and web, [click here](#).